Vancouver metro

MONDAY, NOVEMBER 28, 2016

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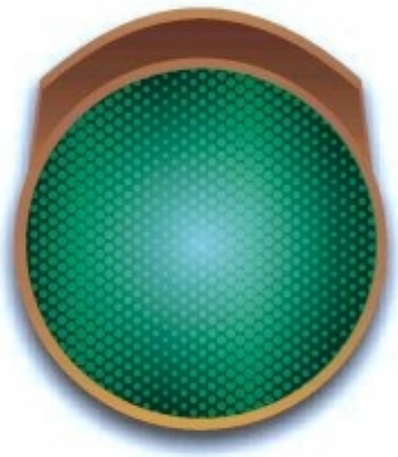

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Your essential daily news | MONDAY, NOVEMBER 28, 2016 High 6°C/Low 3°C Sun and cloud

THE WEEKND
What's behind this Starboy's mysterious front
metroLIFE

Canoeists paddle first nation canoes past the Kinder Morgan facility in Burrard Inlet in North Vancouver. THE CANADIAN PRESS

Welcome to Pipelandia

Metro looks at B.C.'s five pipeline conditions as the Kinder Morgan decision looms metroNEWS

'It's part of our independence'

ACCESSIBILITY

Bikes before wheelchairs, critics question 10th Ave. plan

Jen St. Denis
Metro | Vancouver

People living with disabilities have news for the Vancouver city planners in charge of redesigning a busy health corridor on 10th Avenue: "A lot of us drive ourselves."

"We don't always have somebody with us," explained Kris Harrison, 41, who lives with rheumatoid arthritis and visits the Arthritis Society frequently for regular therapy.

"It's part of our independence, and we don't want to have that taken away," said Wanda Huynh, who also has arthritis and visits the centre once or twice a week. Since there is limited underground parking for the Arthritis Society, Harrison and Huynh often use the street parking in front of the centre.

Harrison and Huynh are upset that the city plans to remove 84 parking spots on 10th Avenue between Oak and Cambie Streets in order to build a separated bike lane.

City planners have proposed building a new surface parking lot several blocks away from the Arthritis Society and have also floated the idea of creating drop-off zones of 15 to 30 minutes where passengers could be dropped off and assisted into the building.

But, say Harrison and Huynh, those plans haven't taken into account the fact that while many people with illnesses or disabilities can't walk for long distances, they can still drive themselves and don't need to be accompanied by a helper.

Both say they have used HandyDART, a bus and taxi service for people with disabilities, but prefer to drive themselves because they want to be independent and HandyDART doesn't offer much flexibility.

"Most of our work is about making this area better for people with disabilities," said Paul Storer, manager of transportation design with the City of Vancouver.

"The struggle is we're trying to create a street that works well for everyone, now it doesn't work really well for any road users, whether they're driving, walking or cycling.

"The way we're doing that is to create different spaces for the different users. There aren't a lot of opportunities for us to create those separate spaces without removing the parking."

But cyclists can choose which route they can take, Harrison said. That's a luxury he and other users of the various cancer, eye care, spinal injury and skin-care centres along 10th Avenue don't have.

From his point of view, the city is putting the needs of the able-bodied ahead of those with disabilities.

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Trudeau pushed to admit Castro was actually a dictator. **World**

PIPELANDIA

Haunted by ghosts of 'broken' process

As the federal decision on Kinder Morgan's Trans Mountain pipeline looms, Metro asks if B.C.'s 'five conditions' are met. Today, we look at the review process.

DAVID P. BALL/METRO

Once an engineer always an engineer, explained Brian Gunn, as he watched passing ships through Burrard Inlet from East Vancouver's New Brighton Park.

"I've worked all my life in marine and offshore structures," Westshore Terminals' retired engineering and maintenance manager told Metro. "It's important that engineers speak up when they see real risks to society.

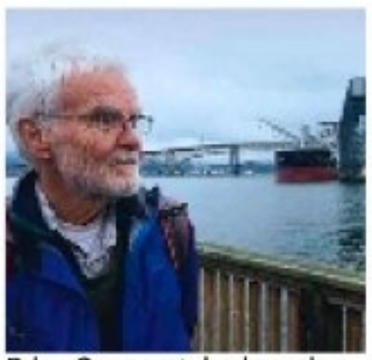
That's what drove the 79-year-old and three fellow engineers to take a closer look at heavy oil pipelines proposed for B.C.

His experience with both processes could not have been more different. He travelled to Prince Rupert to testify directly about Enbridge's Northern Gateway, and even got to question a company witness.

So when the federal National Energy Board brought its public hearings on another pipeline to Burnaby in 2014, Gunn applied again.

Kinder Morgan's nearly $7-billion Trans Mountain pipeline expansion proposal would triple the flow of diluted bitumen oil through an existing pipeline — operating since 1953 — from Alberta's oil sands to a terminal in Burnaby, increasing oil tanker traffic through the Burrard Inlet sevenfold. Kinder Morgan said the pipeline and marine traffic have a proven safety record over decades.

In 2012, Premier Christy Clark announced any pipeline would need to satisfy five conditions (see sidebar), the first being to complete an environmental review process.



Brian Gunn watched passing ships through Burrard Inlet.
DAVID P. BALL/METRO

"They wouldn't even allow us a letter of comment despite the fact that we are independent engineers," Gunn said. "We're experts. I can only think they didn't want our testimony."

The former Conservative government had restricted participants to those who could prove they were "directly affected" by a proposal and excluded climate change from deliberations.

Nearly 500 applicants to speak were rejected and invited to write a submission instead. One of those approved, former BC Hydro CEO Marc Eliesen, withdrew in protest, alleging a "predetermined outcome."

Not everyone was dissatisfied. The president of the 1,200-member Independent Contractors and Businesses Association of B.C., Philip Hochstein, was happy to file a written submission and said Trans Mountain had submitted rigorous environmental evidence.

"Trans Mountain's application details extensive plans to keep the project's environmental footprint to a minimum," he stated. "Five of the eight volumes of the original 15,000-page application go into extensive detail on environmental and safety issues, and how the company will deal with them during construction, and then over the life of the pipeline."

But it wasn't just the public feedback that worried environmentalists. Ottawa also added environmental assessment to the NEB's workload, when previously it fell to the Canadian Environmental Assessment Agency.

"We saw them struggle under this broadened mandate without the accompanying broadened resources or expertise," argued Eugene Kung, a lawyer with West Coast Environmental Law.

Since 2010, B.C. has had what's called an "equivalency agreement" with Ottawa, handing decision-making reviews to the National Energy Board. Asked about the assessment process in the Legislature, Minister of the Environment Mary Polak said she had "faith" in the process on Feb. 25.

According to Kung, B.C. should push back on the grounds that Condition 1 hasn't been satisfied, because the NEB wasn't up to the environmental assessment task, nor was it open enough to public input.

"It's important for controversial decisions like this to have the best available evidence — rigorously tested evidence," he told Metro. "That simply has not happened here.

But it's not too late, Kung insisted, for the province to tell Ottawa Condition 1 hasn't been met — before Dec. 19.

ABOUT THIS SERIES

B.C.'s five conditions
In July 2012, after protests against another proposal — Enbridge Northern Gateway

MONDAY 1. Complete environmental review process.
TUESDAY 2. Safeguard B.C. coast with "world-leading" marine oil spill measures.
WEDNESDAY 3. Reduce and manage risk of oil spill from pipeline over land.
THURSDAY 4. Address legal obligations to Aboriginal and treaty rights, and indigenous benefits.
FRIDAY 5. B.C. gets "fair share" of economic benefits, reflecting "risk borne" by taxpayers and environment.

READER FEEDBACK
Tell us what you think about the proposed by emailing Vancouver@metronews.ca

TIMELINE | Trans Mountain through the decades

1953 Trans Mountain Pipeline built from Edmonton to Burnaby. Four years later, Burnaby's Westridge Marine Terminal completed.

1985 Pipeline's biggest spill: 1.6 million litres near Edmonton.

2007 Construction excavator breaks Trans Mountain in Burnaby neighbourhood, 250 evacuated. 224,000 litres spilled, 70,000 litres into Burrard Inlet.

2012 B.C. Premier Christy Clark announces five conditions for heavy oil pipelines.

2013 Kinder Morgan applies to National Energy Board to expand Trans Mountain.

2014 NEB starts public hearings; nearly 500 applicants rejected as not "directly affected." UN indigenous envoy warns it risks "social peace" with First Nations. 120 arrested in Burnaby protesting Trans Mountain test drilling.

2015 Liberal leader Justin Trudeau vows better pipeline consultation and environmental reviews ahead of election.

May 2016: NEB concludes Trans Mountain expansion in public's interest. It recommends Ottawa approve it with 157 conditions. Feds launch ministerial panel to hold more hearings.

Until Dec. 19: Ottawa to announce Trans Mountain decision.

—WITH FILES FROM THE CANADIAN PRESS

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Residents rally to save Little Oz Park

DEVELOPMENT

Small park one of three sites for possible service yard

Wanyee Li
Metro | Vancouver

Some Little Australia residents in the University Endowment Lands are calling on Metro Vancouver to take their park off a list of possible sites for a new service yard.

The service yard would provide equipment storage space for Pacific Spirit Regional Park but critics say the patch of grass south of West 4th Avenue and Drummond Drive, called "Little Oz Park," is too valuable to be paved over.

"It's a magnet for the community," said Pete McConnell, chairman of the University Endowment Lands Community Advisory Council (UELCAC).

"A lot of people will take their kids to the park and play, because it's a very safe park. (There's) very little traffic and a lot of dog walkers."

The new 0.4-hectare service yard would also create more noise pollution, he said.

Little Australia is just one of three locations Metro Vancouver is considering. But McConnnell, who lives a couple of blocks from the park, wants it to be taken off the list of proposed sites completely.

The Pacific Spirit Park Society (PSPS) came to the same conclusion at a September board meeting.

"We were unanimously opposed to that location," said Mike Jerowsky, chairman of the PSPS.

Little Australia Park is located near West 4th Avenue and Drummond Drive in the University Endowment Lands.
JENNIFER GAUTHIER/FOR METRO

The society proposed three alternative sites for a service yard to Metro Vancouver, all of which are near 16th Avenue and away from residential areas, he said.

Metro Vancouver spokesperson, Don Bradley, emphasized the region will consider all input before reaching a decision sometime in 2017.

"It's early days in the process," he said.

Metro Vancouver plans to hold a public information session about the service yard in early 2017.

The UEL Community Advisory Council is holding its own public information session (Suite 300 5755 Dalhousie Rd.) Monday at 7 p.m. An online petition for the "Save Little Oz Park" campaign had 227 signatures as of Sunday afternoon.

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Animal groups slam aquarium

WILDLIFE

Death of second beluga whale brings backlash from activists

The Vancouver Aquarium is facing criticism from animal welfare groups after the second death of a beluga whale at the facility in just under two weeks.

The beluga called Aurora died late Friday evening after struggling with an unknown illness that became apparent immediately following the death of her offspring Qila 10 days earlier.

The 30-year-old whale was showing symptoms of abdominal cramping, loss of appetite and lethargy, but earlier in the day Friday, veterinarian Dr. Martin Haulena said there were signs Aurora was improving.

A statement from the Vancouver Aquarium said the marine mammal-care team had worked relentlessly to treat the whale and are heartbroken by her death.

Animal welfare groups have responded to news of the death, saying it's time the practice of keeping marine mammals in captivity is reviewed.

The non-profit ecology organization Lifeforce released a statement saying the capture of whales should be banned, and the Vancouver Humane Society has called for an end to holding any cetaceans in captivity.

The humane society's communications director Peter Fricker says whales should be able to enjoy the freedom of the open ocean and keeping marine mammals in tanks is unnatural and cruel.

Aurora had lived at the aquarium since 1990. Her offspring Qila was the first beluga to be born in captivity in Canada in 1995.

The Vancouver Aquarium said in a statement Friday that in keeping the whales at the facility, they were able to inspire generations of visitors and contributed to a number of studies on the physiology and hearing abilities of belugas.

Aurora was the last beluga being held at the Vancouver Aquarium. The facility's five other belugas are living at various locations around the United States while plans for expanding the Stanley Park facility, including doubling the surface area of the beluga tank, are underway.

THE CANADIAN PRESS

Aurora had lived at the aquarium since 1990.
MEIGHAN MAKARCHUK/VANCOUVER AQUARIUM

CONTEST

City gets rolling with toilet-paper giveaway

Matt Kieltyka
Metro | Vancouver

The City of Vancouver is giving away a year's worth of toilet paper to one lucky resident in a just-launched contest. But wipe that smirk off your face — the reason behind the cheeky grand prize is no laughing matter.

The contest, which began this week and runs to Dec. 9, encourages Vancouver residents to drop toilet-test dye strips or food colouring into their toilets and check if there's a leak.

According to a statement from the city, leaky toilets are often silent but can be the biggest water waster in a home. Up to 135 litres of water per day can be needlessly flushed down the drain because of a leaky toilet.

The city sent out toilet test strip along with people's tax notices late this month.

And to get residents more engaged, they're asking residents to take potty selfies of themselves using those strips to test their toilets and submit the shots to vancouver.ca/fixaleak as part of the contest. The winner will receive s-tloads of toilet paper. (It's not clear whether the toilet paper will be the scratchy recycled kind or kitteny-soft double ply.)

When conducting the test, people are told to drop the test strip into the tank of their toilet and wait 15 minutes. If the toilet bowl water turns blue in that time, it means there is a leak.

The city says replacing a toilet tank's flapper is the most common way to fix the issue, and is a relatively easy and inexpensive solution. Reducing leaks is part of the Vancouver's Greenest City goal of reducing per capita water use by 33 per cent by 2020.

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Ice cream maker fights to save school

MARKDALE, ONT.

Regulations make process difficult for Chapman's

A Canadian ice cream company based in a small Ontario town is trying to keep the single school in its community open amid dozens of proposed closures provincewide — but some are cautioning against private intervention in public schools.

Schools like the Beavercrest Community elementary school in Markdale, Ont. — about 150 kilometres north of Toronto — are slated for closure across Ontario as school boards grapple with declining enrolment and less funding.

"It really means a lot to our community to have an elementary school," said Chapman's Ice Cream vice-president Ashley Chapman, who attended Beavercrest when he was a kid. "It's about the students in Beavercrest: all 200 of them being shuffled up and sent to the other schools in the area."

Chapman noted that about 25 per cent of students at the elementary school are his employees' children.

> **He'll have to go to a new town where nobody knows him.**
> Shannon Shropshire

One of those students is Aidan Shropshire, in Grade 2, whose father works for Chapman's.

Shannon Shropshire said her son is loving and bright — gets straight As and Bs — and is into electronics. But he also has autism, and Shropshire said she's worried her son may not be able to adapt to the changes that would come with a closure of Beavercrest.

"He'll have to go to a new town where nobody knows him," she said. "He's already having anxiety about the school closing. This is a child who doesn't like any kind of change."

Chapman said he wants to help children like Aidan.

Initially, he suggested his ice cream company buy the Beavercrest school and lease it back to the school board. But he later learned the process involves the board declaring the school to be surplus property, which then triggers a 180-day consultation period before private companies can bid on the building.

"Going forward, it makes it next to impossible for the ministry to justify building a new school in the area, simply because we've already told them that we don't need a school in the area," he explained.

THE CANADIAN PRESS

Aidan Shropshire, 7, sister Kendra, 2, and parents Shannon and Matt at Beavercrest school. WILLY WATERTON/THE CANADIAN PRESS

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IN BRIEF

Ameya Charnalia
For Metro | Edmonton

Healer aims to return to Standing Rock

Taz Bouchier was in Standing Rock earlier this month and ran healing ceremonies for protesters, both indigenous and non-indigenous, that often ended in tears.

"To be there in their time of need, I was overwhelmed initially with the amount of trauma that I was able to witness in the various people," said Bouchier, an elder who was a social worker for several years in Edmonton. She is now raising money to go back to Standing Rock, and says her work there is more important than ever.

Higher pay attracts better babysitters

Genna Buck
Metro | Toronto

At age 10, Jessica Taylor took a babysitting course and started watching neighbourhood kids for $5 or $6 an hour.

That was then. Now the 29-year-old University of Toronto student is helping to put herself through school by babysitting 15 hours a week at $15 an hour.

That's about $900 a month.

Casual babysitting sessions in private homes were once considered an odd job, like lawn mowing. Now, especially in expensive cities such as Toronto, caregivers are increasingly professional and well-paid.

Dozens of babysitters across Toronto that Metro surveyed on social media said they command anywhere from $12 an hour up to $20, with additional qualifications such as first-aid and CPR training or an early-childhood education diploma (Taylor has neither).

It's hard to name another job that has seen that kind of wage growth in the past 20 years.

Taylor manages her work schedule using DateNight, one of several Uber-like apps that match babysitters with families in exchange for a small cut of their fees. She gets far more requests than she can handle.

"Expectations are high in general when you're paying somebody to take care of your children," Taylor said.

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A brand new day dawning in Cuba

CARIBBEAN

Death of Fidel Castro, 90, elicits grief, hope, doubts

His words and image had filled schoolbooks, airwaves and newspapers since before many of them were born. Now Cubans must face life without Fidel Castro, the leader who guided their island to both greater social equality and years of economic ruin.

Across a hushed capital, people wept in the streets on Saturday as news of the 90-year-old revolutionary's death spread. While many mourned, others privately expressed hope that Castro's passing will allow Cuba to move faster toward a more open, prosperous future under his younger brother, President Raul Castro.

In his twilight years Fidel Castro largely refrained from offering his opinions publicly on domestic issues, lending tacit backing to his brother's free-market reforms. But the older Castro surged back onto the public stage twice this year — critiquing President Barack Obama's historic March visit to Cuba and proclaiming in April that communism was "a great step forward in the fight against colonialism and its inseparable companion, imperialism."

Ailing and without any overt political power, the 90-year-old revolutionary icon became for some a symbol of resistance to his younger sibling's diplomatic and economic openings. For many other Cubans, however, Fidel Castro was fading into history, increasingly at a remove from the passions that long cast him as either messianic saviour or maniacal strongman.

A mural showing Ernest Hemingway, left, with Fidel Castro in Havana, Cuba. THE ASSOCIATED PRESS

On Saturday, many Cubans on the island described Fidel Castro as a towering figure who brought Cuba free health care, education and true independence from the United States, while saddling the country with an ossified political and economic system that has left streets and buildings crumbling and young, educated elites fleeing in search of greater prosperity abroad.

"Fidel was a father for everyone in my generation," said Jorge Luis Hernandez. "I hope that we keep moving forward because we are truly a great, strong, intelligent people." THE ASSOCIATED PRESS

+ STATEMENT

PM Trudeau says Castro was a dictator

Justin Trudeau has come under criticism at home for a statement he issued shortly after learning that Fidel Castro had died. "He certainly was a polarizing figure and there certainly were significant concerns around human rights," Trudeau said on Sunday. Asked directly whether he thought Castro was a dictator, Trudeau said: "Yes." THE CANADIAN PRESS

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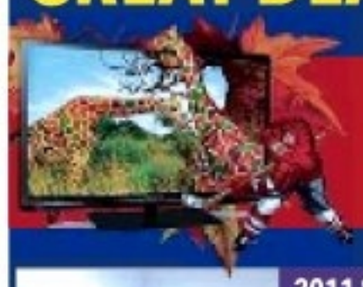

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Your essential daily news
Monday, November 28, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I believe strongly that I deserve a raise. What's the best way to ask my boss for one?

Dear Ellen,

I would like to know the best way how to ask to increase my salary and how to tell my boss that slavery is over? The guy before me was paid twice as much, did not do half the work I do, and quit in six months. I am in this job two years and my boss is pushing too much about my duties, and extra work.

Signed,

Hard-Working Guy

Dear Hard-Working guy,

I can tell you with 100 per cent assurance that the "best way to ask" is politely. And I can dole out politeness advice that is easy to give and easy to

1. follow:
Do your boss the courtesy of making an appointment ahead of time instead of carrying out an ambush, which will back-
2. fire in any case.
Show up on time ready to present your case —and looking suitably
3. presentable.
Come prepared: Figure out exactly what you want, and why you deserve it. Note that whining about unfairness, or what the other guy made, is not relevant. What's relevant is what you do for the company now, and how valuable your contribution is, in
4. detail.
Jot those details down in case you lose your nerve, or your voice, or your mind,
5. in the meeting.
Listen politely to whatever your boss has to say to you about your request.
6. Regardless of whether you get the raise or not, say thank you and leave.

© Ani Castillo

You owe it to yourself, to your co-workers and even to your horrible boss to be open about your situation.

Now that we've covered the etiquette, let's get to your real question, which is: *How do I get this cheap b— to pay me what I deserve?*

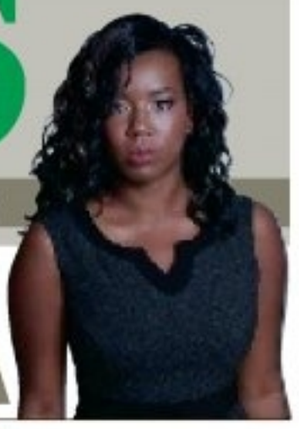
Alas, I'm afraid the answer is pretty much the same. Unless you're prepared to quit, your only other choice is breaking the law: e.g. getting some dirt on the boss and resorting to blackmail; threatening physical violence; making fraudulent claims to increase your perceived worth.

I advise against any of these approaches, not only because they're terribly impolite, but because none of them will help you in the long run. If you get caught, your career and earning power will be over for good. And even if you don't get caught, all that lying and cheating will rot your soul and make you sick and unhappy.

If your boss is as horrible as it sounds, I doubt you'll succeed in your request. But it's important to speak up anyway. You owe it to yourself, to your co-workers and even to your horrible boss to be open about your situation.

Every bit of truth that is uttered takes on a life of its own, and change can't happen without it.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

Canada's sneaky-great football culture wins an NFL fan's hard heart

The consensus was that Toronto is not a great home for the Grey Cup.

On a huge weekend for Canadian football fans, you would have been hard pressed to find a Torontonian who knew the Grey Cup was even happening. A friend that couldn't believe the size of the crowds in the city wondered aloud whether the Cavalcade of Lights, the city's tree-lighting event at Nathan Phillips Square, might have been the draw.

Such is the life of a football fan in Canada's biggest cities.

I went to the Grey Cup yesterday at BMO field, on Toronto's exhibition grounds, to experience life with other football fans. Normally, I'm at a local bar where half the crowd is there for the games and the other appear to be on dates. It's not an immersive experience. I hear rumours of places where football is at the centre of social life. Saskatchewan Roughriders fans, I'm told are legendary in their ardour and volume.

At BMO field, the passion and commitment of Canada's football fans was evident. The fans were prepared. Those who had experience this before knew, for instance, that layers are essential. I've never witnessed so many grown-ups wearing long johns in this city

Another phenomenon that I'd never seen in adults who are older than me was outright debauchery. Now, I've been on a wine tour in my life so I've seen middle-aged people party hard. But until yesterday I'd never seen a fifty-plus woman drink three drinks at once.

Nonetheless, it's an incredibly friendly environment and it's a truly national league. (Despite that, it is not a friendly atmosphere for the prime minister, whose taped message unified much of the crowd in booing.)

I spoke to fans from every place that has a CFL team. For many, the Grey Cup is a multi-decade experience. I met a gentleman — a Stampeders fan — who had been to every single Grey Cup game since 1984. The Tiger-cats fan beside me had been to every one for a decade. The foursome of friends in front of us had been to 16 Grey Cups together.

Still,sometimes I had to wonder what the CFL is thinking with some choices. For example, why was Shemar Moore there? Do we not have our own handsome B-list celebrities? Was Hayden Christiansen not available?

CFL fandemonium was new for me, but for so many it's a legacy experience: it marks friendships, marriages, and a love affair with an underestimated sport.

I'm an NFL fan and as such am required to look down on the CFL. But it has something to it. Sure the play is slower and the rules are different, but it has over a hundred years of history and culture.

It's a tradition I was happy to join in: a friendly atmosphere of sport and camaraderie but with OneRepublic playing at half time.

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metro LIFE

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Aboriginal writer Melanie Florence wins TD Canadian Children's Literature Award for Missing Nimama

5 THINGS WE LEARNED FROM THE WEEKND'S STARBOY

Canadian R&B mysterioso The Weeknd, born Abel Tesfaye, has been teasing listeners for months with two music videos, a short film called Mania and a trickle of songs to whet fans' appetites. Here are a five things to know about his Starboy project, released on Friday. **THE CANADIAN PRESS**

GETTY IMAGES

1 He may be shading Drake:

Rumours of a rift between The Weeknd and old friend Drake have circulated for years without much evidence. The two knew each other when Tesfaye was getting his career off the ground, but after numerous collaborations on Drake's albums the two appeared to go their separate ways. That's left fans wondering if a line in Sidewalks is a direct shot at the Hotline Bling performer: "Too many people think they made me. Well if they really made me then replace me." Then again, that could also describe a lot of record executives.

AP PHOTO/TURNER CLASSIC MOVIES

2 He's still sombre:

Yes, several tracks are certain to ignite dance floors, but Tesfaye hasn't lost his touch for the debauchery and depressing lyrics that shaped his early career. One of his darkest songs yet, Ordinary Life, has the singer (or the Starboy character?) coming to terms with fortune and fame — and how the lifestyle might destroy him. Telling the story of a suicidal sexual encounter behind the wheel of his car, he sings: "Like I'm James Dean, I'mma die when I'm young."

GETTY IMAGES

3 This isn't the end:

Beyond a global tour set to kick off in the new year, the Weeknd promises more from his Starboy alter-ego. In the interview with Apple Music DJ Zane Lowe, which aired Thursday night, he said a Starboy comic book is in the works and he'd like to pitch it to Marvel or DC Comics.

FREDERIC J. BROWN/AFP/GETTY IMAGES

4 It's star-powered:

Not like The Weeknd needed marquee performers to give his latest album traction, but there's plenty of them here anyway. Robotic duo Daft Punk lend their hands to the opening and closing tracks (lead single Starboy and the funky I Feel It Coming), while Lana Del Ray drifts through the fleeting Stargirl Interlude. Others making appearances include rapper Future (All I Know) and Kendrick Lamar (Sidewalks).

5 Retro sounds are in:

While he doesn't pick a particular decade, a couple songs are fused with the spirit of Throwback Thursday. The funky Secrets borrows from the chorus of the Romantics' 1984 rock hit Talking in Your Sleep and fuses it with a sample of Pale Shelter, a 1982 track from Tears for Fears (pictured). The bootyshaker Rockin' carries a bouncy beat that would fit perfectly in an early 1990s house mix.

MIKE SLAUGHTER/TORSTAR NEWS SERVICE FILE

MONEY

Keep your budget, and sanity, intact when holiday shopping

Gail Vaz-Oxlade
For Metro Canada

People find it challenging to plan for the holiday season without blowing their budgets or their minds.

If you didn't create a savings plan at the beginning of the year to save for this holiday shopping season, you may find it a test. Time to get creative:

1. **Make a list and check it twice.** Who doesn't need to be on there? To whom can you give a token gift? Secret Santa works at work, why not for siblings? Once you have a list, jot down your gift ideas for each.

2. **Give of yourself.** The very best gifts don't have to cost a lot. Offer your time for babysitting, cooking meals, house cleaning, massaging, sewing, or whatever else you're good at. Clip a picture of the service you'll provide and be clear on how often. Better yet, make your own coupon book.

3. **Don't hungry-shop.** If you're going to be out shopping, pack a snack and some water. Hunger and thirst have a way of muddling your thinking. Keep your energy up so your brain (and self control) can work properly.

4. **Don't open up all the new store credit card accounts you're offered.** It's super-tempting to get 10 per cent or 20 per cent off your purchase for the day. But think for a minute: stores must be making crap-loads of money on interest and fees to offer you that "special deal." Plus, opening and closing store cards can mess with your credit score.

5. **Don't self-gift while shopping.** Don't be one of the 70 per cent of shoppers using the one-for-you-one-for-me approach. Show some self-control!

6. **Use gift cards carefully.** Gift cards are all the rage. Can't think of what to get? A gift card will do nicely. Can't be bothered with the shopping mayhem? Gift card! Forgot to pick something up for Cousin Alice? Did you know that tons of gift cards go unredeemed every year?

If you must buy a gift card, make sure you choose a reputable retailer, since you're translating real money into retail dollars you can only spend in one place.

7. **Shop with cash.** Psychologists (and banks) know that shopping with plastic makes you vulnerable to spending more. Put the money you plan to spend in an envelope and attach your list.

If you must use a card, note the amount you plan to spend in a notebook or on your phone. As you shop, deduct what you've spent. That'll help to keep the spending experience real.

For more money advice, visit Gail's website at gailvazoxlade.com

PUNK MUSIC NOT MEANT TO GET NOSTALGIC OVER Joe Corre, son of Vivienne Westwood and Sex Pistols creator Malcolm McLaren, burned his entire punk collection that he claims is worth £5 million ($8.4-million CDN) on Saturday in London. Corre said he set the rare punk memorabilia on fire because punk has no solutions for today's youth and is 'conning the young.' Corre told the crowd watching his self-styled protest on the River Thames that "punk was never, never meant to be nostalgic." JOHN PHILLIPS/GETTY IMAGES; AP

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Dream of being the boss leads to waiving of rights

THE SHOW: Pencils Down! (iTunes, VOD)
THE MOMENT: The present-day echo

Screenwriters and other members of the Hollywood community address the camera in this doc about the 2007 writers' strike. In a show of solidarity, members of the Writers Guild of America — the screenwriters' union — and the people who supported them walked picket lines for 100 days, fighting for residuals for work that ran online (streaming was then brand new).

It wasn't exactly a triumph, but it was a triumph for unionism. This doc contends that the idea of unions has been tarnished, and that's a shame.

"The larger problem is a loss of community in the U.S.," says writer John Bowman. "The libertarian philosophy — every man for himself — has grabbed hold. We all admire a successful CEO. That's a great dream. But the practical reality is, there's only one of them, and there are 200,000 people working for him, who are most likely going to stay one of 200,000."

"If you are not taking care of the average worker, you create an unstable environment," agrees writer Peter Hankoff.

Every historical film, fiction or non, has to have relevance in the time it's released. This one's relevance to the just-concluded U.S. election could not be clearer if the doc makers had scripted it.

Though it may be difficult to think of screenwriting as hard labour, the liberal media here points out a perplexing truth: People's dreams of being the boss lead them to forego their rights as workers. Call it ignorance or naïve hope, but as Trump's 60 million supporters so soundly demonstrated, it's powerful.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Writer, comedian and actress Tina Fey walks the picket line with members of the Writers Guild of America as they picket in front of Viacom headquarters in New York, in this Jan. 9, 2008, file photo. AP PHOTO/KATHY WILLENS

YOU CAN DO THIS PARALEGAL

Exciting prospects in sector

WHY I LIKE MY JOB

Pan Dong, 31, Paralegal Candidate in Toronto, Ont.

Before moving to Canada, I was a licensed lawyer in Beijing, China. As a newcomer, I had to go through Ontario's education system to work in the legal sector. I applied to Humber College's paralegal education program (which also involved an English-language assessment) and two years later I successfully graduated. The program offered valuable courses in legal writing, research and business law.

Additionally, I participated in a four-week internship, which allowed me to build a strong network of referrals that helped lead me to a full-time job with a tribunal in Toronto. Tribunals are basically government agencies that handle small claims in specialized areas, such as workplace injuries or landlord and tenant disputes. However, I can't work as a licensed paralegal until I write (and pass) the national exam administered by the Law Society of Upper Canada. My goal is to write the exam in February 2017.

I'm currently responsible for a lot of administrative work, but I'm excited about the prospect of progressing with a large government entity. I enjoy working with a diverse range of people, and I'm looking forward to having the opportunity to handle a case or represent a client in court.

THE BASICS: Paralegal

$33,000

Median starting salary for an entry-level paralegal. Depending on level of experience and location of work, advanced paralegals earn anywhere from **$50,000 to $70,000** annually.

+8%

Projected job growth rate over the next eight years.

Data for this feature was provided by payscale.com, servicecanada.gc.ca, paralegaledu.org and onetonline.org.

HOW TO START

In Ontario, paralegals must be licensed by the Law Society of Upper Canada to legally serve as officers of the court. Ontarians have the benefit of representing clients in matters related to immigration, labour law, small claims and some instances of crime. Paralegals aren't regulated in other provinces, but are less independent as they typically work under the supervision of Barrister Solicitors. Many colleges offer reputable paralegal programs, where students will gain a strong understanding of court and tribunal procedures.

WHERE YOU CAN GO

Canada's legislation is constantly evolving, placing a larger burden on legal professionals. As the demand for legal advisement rises, more lawyers are relying on paralegals and legal assistants to take on additional responsibilities in law firms, administrative tribunals (such as the Workplace Safety and Insurance Appeals Tribunal) and various government offices. New graduates can expect to draft legal documents, conduct legal research and communicate directly with clients when needed.

NEXT CAREER STEP

As a paralegal becomes more established, they may opt to launch an independent practice. Others may decide to explore non-traditional markets, including marketing agencies, financial institutions and legal aid clinics.

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How to keep pace with your Internet need for speed

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Last year, TELUS announced a $1 billion investment to extend its TELUS PureFibre network to homes and businesses in Vancouver, and residents can already take advantage of dramatically faster Internet speeds.

TELUS PureFibre currently offers symmetrical speeds of up to 150 Mbps and an astonishing 1 terabyte of data usage.

Symmetrical Internet plans — where upload and download speeds are equally fast — are becoming increasingly important to enable the likes of high-definition video conferencing, multiplayer gaming and virtual reality applications.

As the TELUS PureFibre network rapidly rolls out across Vancouver, TELUS created a condo-sized concept home to show Vancouverites what will be possible when homes are connected at light speed.

The Future Home — now on display at the TELUS World of Science — showcases some of the most cutting-edge home technology on the market today and provides a sneak peek at the smart-home innovations of tomorrow.

From a face-scanning security system, to an intelligent meal-planning kitchen, to a 4K Optik TV® experience brought to life on an awe-inspiring 78" Samsung Curved UHD TV, the Future Home offers a glimpse into how technology will soon transform our homes and our lives.

Free public tours of the Future Home are available until Sunday, Dec. 4 at the TELUS World of Science parking lot (1455 Quebec St., Vancouver) from 10 a.m. to 6 p.m. daily. Science World admission is not required.

The Future Home will then move to the Enchant Christmas Light Maze and Market (W 1st Ave. and Crowe Street) on Wednesday, Dec. 7 and will be open from 4 p.m. to 10 p.m. daily until Friday, Dec. 16 (closed on Dec. 12 and 13). For more information, visit fibre.telus.com/futurehome.

CONTRIBUTED

Local supplement maker strives to make "truth in a bottle"

When Vancouverites hear the term "buy local," it's usually associated with the region's fruits or vegetables, but one Richmond-based natural health product company is making it possible for you to get locally made supplements, too.

"We're Richmond-based, Canadian owned and operated, and all our products are encapsulated and tested at our facility in Richmond," says Trevor Hess, marketing manager of Organika Health Products. "If you're looking for locally made supplements, we're the real deal."

Organika is a trusted provider of 560 high-quality natural health products, distributed to 26 countries. The company is continuing to grow, but they'll never forget where they came from.

The company was founded in 1990 by Tom Chin, who started the business after experiencing the healing power of natural herbs first-hand. On the recommendation of a friend, Chin successfully treated his kidney stones in just three days using a mixture of parsley and turmeric.

Since then, Organika has grown to offer products that support health of all kinds, including the immune system, heart, brain, gut, joints and more.

The company sources the highest-quality ingredients from around the world, bringing them to Organika's 50,000-square-foot facility in Richmond where they are rigorously tested for quality, purity and potency.

Transparency is one of the company's core values. That's why you'll get the highest quality products with Organika — or as they say, "truth, in a bottle."

The company tests each raw material used in the facility to ensure it adheres to cGMP standards, ISO 9001 certification and Health Canada standards. The entire product line is also third-party tested in a GLP/ISO17025 lab to ensure unbiased verification of safety and efficacy.

"We do our utmost to make sure our products are safe and effective," says Hess. "Our ultimate goal is to serve, contribute and inspire better health and well-being for people in British Columbia, Canada and around the world."

Organika's community initiatives have taken its staff across the world to help people in need. In the community of Riverton, Jamaica, the Organika team donated supplements, school supplies and clothing to the Fundamentals for Change foundation for children living in poverty.

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In Vancouver, the Organika team has volunteered time to help the homeless in the Downtown Eastside, and helped UBC students sharpen their brains and strengthen their bodies with health-boosting smoothies.

"We take a holistic approach to our business as much as we do to health," says Hess.

Metro Vancouverites can find Organika products at many retailers around the city, including Nature's Fare, Nutrition House, Choices and Whole Foods.

To learn more, visit Organika.com or follow Organika on social media @organikahealth.

Mega Cyber deals

ONLINE DISCOUNTS

Stay home and get more bang for your buck

Jaclyn Tersigni

If parking lot traffic jams and hour-long checkout queues aren't your thing, don't fret: there's a shopping occasion for you, too. Cyber Monday is the online-only discount extravaganza, where you can reap mega-discounted goods from the comfort of your bed, if you so choose. The deals are just as good as those offered on Black Friday, so you can happily wait until Monday morning. Here's a handful of bargains you'll be able to find.

A perfect gift for the amateur photographer on your holiday shopping list. This drone-plus-camera (1080 pixels, for high-definition footage) set allows for incredible aerial shots.
DJI Phantom 3 Advanced Quadcopter Drone with Camera. On sale for $799.99 (save $280) at Best Buy, bestbuy.ca.

The newest edition of the mega-popular hoverboard comes with built-in Bluetooth speakers. Available in a variety of hues, including pink, yellow, red, white and blue.
Swagtron T3 Hands Free Smart Board. On sale for $499 (save $150) at Staples, staples.ca.

British jewellery brand Links of London is taking 20 per cent off its wares online — including this 18-karat-gold cuff. Bonus: if you spend $595 or more online, you'll receive a complementary, limited edition Timeless Diamond Bracelet (valued at $245).
18K Yellow Gold Vermeil Woven Cuff. $875 (plus 20 per cent off) at Links of London, linksoflondon.com.

Big discounts on Apple products are often hard to come by, making this 33 per cent off deal on an Apple Watch extra tempting. Receive and respond to messages, make payments, control your music, and more, all from your wrist. It is Wi-Fi- and Bluetooth-equipped, and its battery lasts for up to 18 hours on a single charge.
Apple Watch 42MM Stainless Steel. On sale for $369.99 at eBay, ebay.ca.

Canadian aromatherapy retailer Saje Natural Wellness is offering 20 per cent off its online store — including this multifaceted ultrasonic diffuser, and collection of essential oil blends.
Aromagem 2.0 Ultrasonic Diffuser. $74.95 (plus 20 per cent off); Deluxe diffuser blend kit. $84.95 (plus 20 per cent off) at Saje Natural Wellness, saje.com.

This heated hair brush with adjustable temperature controls makes hair-straightening a breeze. It has a six-foot swivel cord, dual voltage, an LCD safety feature.
Haute Brush Hair Straightener. On sale for $29.99 (save $40) at Staples, staples.ca.

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SPORTS

Tessa Virtue and Scott Moir set a record score of 195.84 to win the ice dance event at the NHK Trophy in Japan and qualify for the Grand Prix Final

Redblacks stun Stampeders in OT

2016 GREY CUP

Burris leads underdogs to first franchise championship

Henry Burris's 18-yard TD strike to Ernest Jackson earned the Ottawa Redblacks an epic 39-33 overtime Grey Cup win over the Calgary Stampeders on Sunday night.

Burris, the game MVP, found Jackson — who bobbled the pass — on the first overtime possession. But the veteran quarterback couldn't hit a wide-open Khalil Paden for the two-point convert.

Calgary needed to match Ottawa's six points but went three-and-out on its possession. Bo Levi Mitchell's third-down pass went off Bakari Grant's hands to give Ottawa one of the biggest upset victories in Grey Cup history.

Burris was stellar, throwing three TD passes and running for two more.

"There was almost a situation where I wasn't able to play today. My knee locked up on me before the game, I mean I wouldn't have been able to accept that," Burris said when interviewed by TSN after receiving his MVP award.

Henry Burris hoists the Grey Cup on Sunday in Toronto. The veteran quarterback won his third championship. FRANK GUNN/THE CANADIAN PRESS

104TH GREY CUP

REDBLACKS	39
STAMPEDERS	33

"But you know what? For all those haters out there, their organizations haven't won a Grey Cup in decades, but ours, in three years, here we are, Grey Cup champions."

It was the third game in Grey Cup history to go to overtime and first since 2005 when Edmonton beat Montreal 38-35 at BC Place Stadium.

Rene Paredes' 10-yard field goal with nine seconds remaining forced overtime as Calgary impressively rallied from a 27-7 third-quarter deficit.

DaVaris Daniels scored on a 19-yard TD run on third-and-two at 13:22 of the fourth to cut Ottawa's lead to 33-30 before Glenn Love recovered Rob Maver's onside kick at Calgary's 49-yard line with 1:36 remaining.

THE CANADIAN PRESS

NFL

Seahawks offence handcuffed by Bucs

Russell Wilson huddled in the locker-room with two of his receivers, discussing where the Seattle Seahawks go from here.

A 14-5 loss to the Tampa Bay Buccaneers stopped a three-game winning streak that had Wilson and Co. feeling pretty good about the direction of the first-place team.

Losing to the Bucs hasn't changed anything, the quarterback said Sunday after being sacked six times and limited to a season-low 151 yards passing and two interceptions.

"Sometimes you have to have a little struggle to overcome," Wilson said. "We're really positive about what we can do. We've obviously shown it. We've battled, we've battled and we've battled. They played a little bit better than us. Hopefully next week we can do a better job across the board."

Jameis Winston threw touchdown passes to Mike Evans on Tampa Bay's first two possessions, before an injury-depleted Seahawks defence minimized the damage.

SUNDAY In Tampa, Fla.

BUCS	SEAHAWKS
14	5

The offence never really got on track, held to one-yard net passing in the opening half. When it appeared Wilson might have a chance to rally his team, Jimmy Graham lost a fourth-quarter fumble and the Bucs sealed the victory with their second interception of the day. THE ASSOCIATED PRESS

IN BRIEF

Rosberg ascends to Formula One throne

German driver Nico Rosberg held his nerve to win the Formula One championship for the first time after finishing second at the season-ending Abu Dhabi Grand Prix on Sunday.

Defending champion Lewis Hamilton won the race from pole position for his 53rd GP win.

Rosberg was 12 points ahead of his teammate going into the race and only needed to finish third.

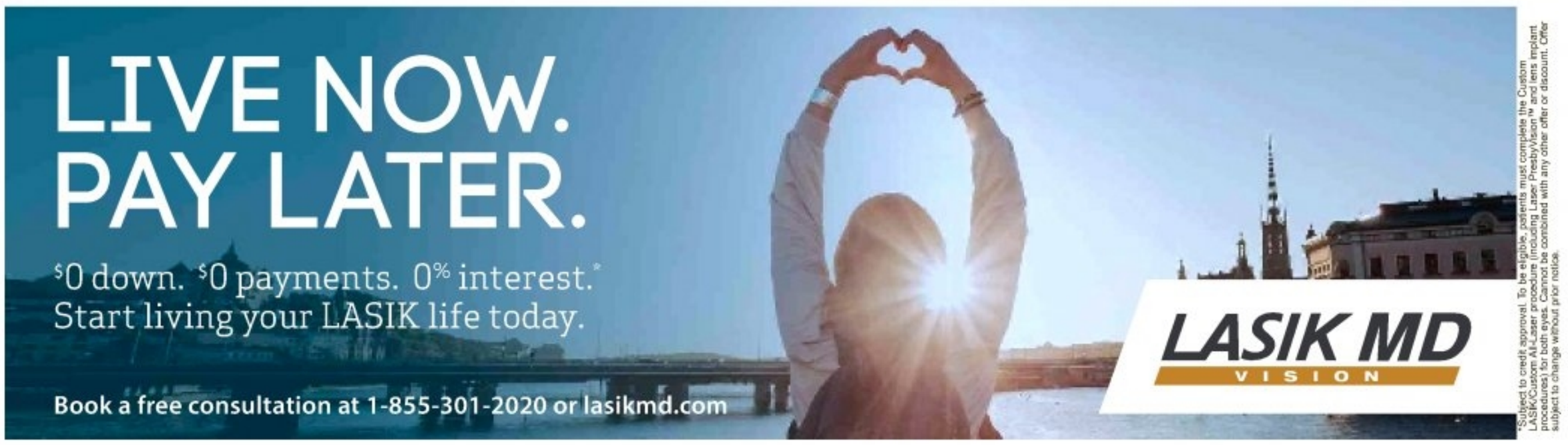
THE ASSOCIATED PRESS

Sounders beat Rapids to advance to MLS Cup

Jordan Morris scored in the 56th minute and the Seattle Sounders advanced to their first MLS Cup, beating the Colorado Rapids 1-0 on Sunday in the second leg of the Western Conference final.

Nelson Haedo Valdez set up the goal to help Seattle take the series 3-1 in aggregate scoring. The Sounders will play Toronto or Montreal on Dec. 10 for the league title.

THE ASSOCIATED PRESS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RECIPE Spaghetti and Meatballs

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll love this spin on a classic.

Ready in 70 minutes
Prep time: 30 minutes
Cook time: 40 minutes
Serves 4

Ingredients
- 1 onion, chopped fine
- olive oil
- 2 or 3 cloves of garlic, minced
- 1/4 tsp nutmeg
- pinch of cinnamon
- pinch of chili flakes
- 1 tsp salt
- 1x28 oz. cans of plum tomatoes
- good splash of red wine vinegar
- 1/2 tsp pepper
- 1/2 cup panko or bread crumbs
- 1/2 cup grated Parmesan
- 1 egg
- 1/2 lemon's worth of zest
- 1 lb. ground beef

Directions

1. Saute onion in a glug of olive oil for 4 minutes. Add garlic, nutmeg, cinnamon, chili, salt and pepper. Cook for a couple more minutes.

2. Take half the onion and garlic mixture and put it in a large bowl. Add tomatoes and red wine vinegar to remaining onions in pan and simmer.

3. To onion mixture in bowl, add panko, grated Parmesan, egg, lemon zest, and meat. Combine and form into 1-inch balls.

4. Put pot of water on to boil for your pasta.

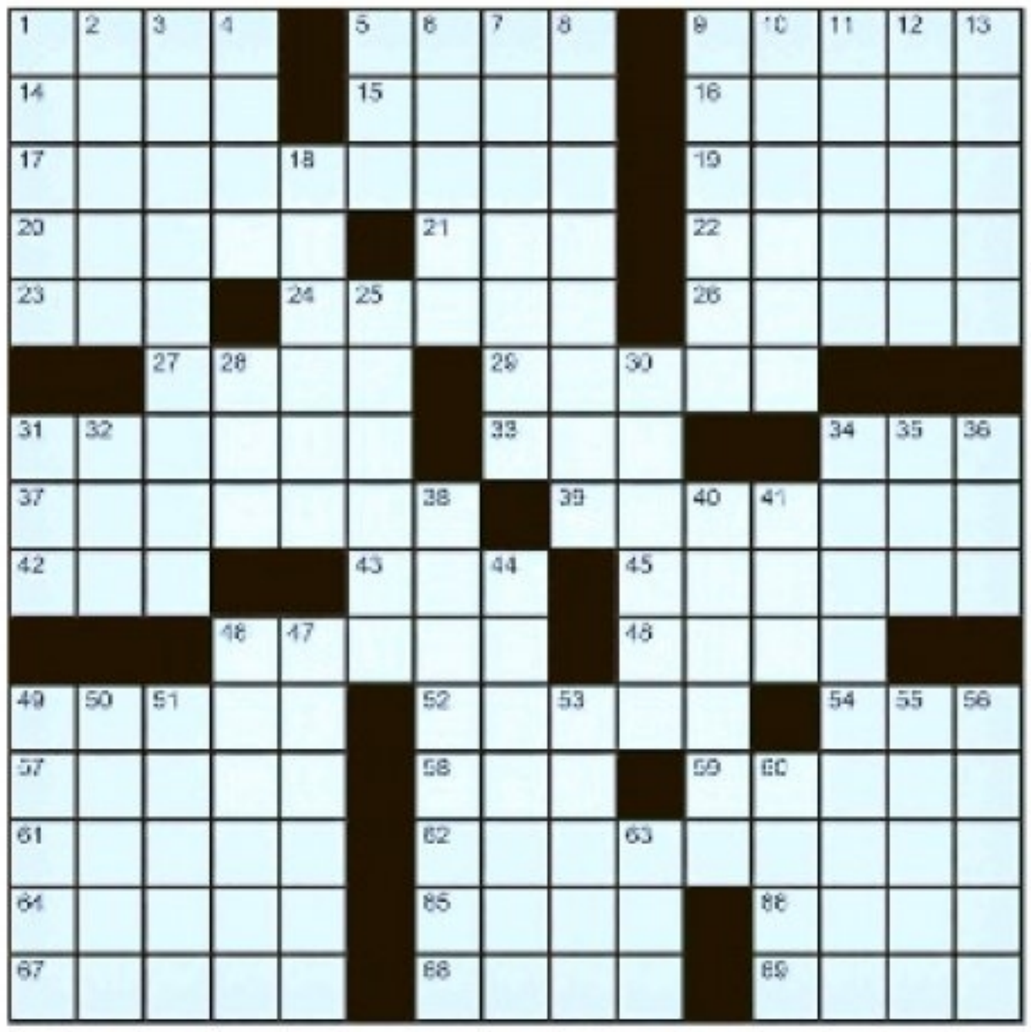
5. In a separate pan, cook meatballs over a medium heat until browned and cooked through. You'll probably have to do it in two batches. Add them to the sauce and continue to let simmer

6. Cook your pasta to al dente and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Eugene O'Neill play, _ Christie
5. Kitchen amt.
9. "Beau _" (1939)
14. 1970s fad, _ rings
15. Harp, in Italy
16. Like bits of porridge
17. Energy company headquartered in Saint John, New Brunswick: 2 wds.
19. Pedestal
20. Express
21. Alias acronym
22. Gumption
23. "Hush."
24. Accountant's review
26. Vexed
27. Pull in pay
29. Brisk as a late Fall day
31. Comic actor David, and surnamesakes
33. Long-snouted fish
34. Tavern
37. 'Musical' membrane?
39. Salad staple
42. AC/DC song
43. Sales pro
45. The space under a leafy tree on a sunny day
46. Bleak, in poetry
48. Trudged
49. The _ Stooges
52. Cereal brand, _ Puffs
54. "Uh-huh!"
57. Carriers of blood
58. Friend of Canada, e.g.
59. Sugar: French
61. Beatles: "Sexy _"
62. Northeastern Ontario town, home of the Ontario Loggers Hall of Fame
64. Women's tennis great Chris
65. Type size
66. Mr. Cassini (First Lady Jacqueline Kennedy's designer)
67. Newbies
68. Billy Ray Cyrus' "_ Breaky Heart"
69. Seven, in Portugal

DOWN
1. Haywire
2. "_ Country" (2005) starring Charlize Theron
3. Song by Canadian band Spoons that starts "Architects of the world / I walk your streets and live in your towns...": 2 wds.
4. Prospector's passage
5. Product's price-putting place
6. Wide ranging
7. Touchdown getter's celebratory move in the end zone with the football
8. Grand, like Versailles
9. "_ Girl" (Blake Lively show)
10. Menu establishment
11. Filled the air like sardines
12. Uptight
13. Wrapped up
18. More within reach
25. Not certain
28. Contribute
30. "There you have it!"
31. Established
32. Pot's kitchen pal
34. Martini-glass-holding character for Scott Thompson on "The Kids in the Hall": 2 wds.
35. Genius
36. Corrector's pen choice
38. "I'm sorry.": 2 wds.
40. Be a caught shark, do this
41. Spiritual 'way'
44. Commonplace
46. Movie great Robert: 2 wds.
47. Puts back to zero
49. RCA product: 2 wds.
50. Bad guy, in a movie
51. "Easy _" (1969)
53. Fisherman's count
55. Word on a Quebec stop sign
56. Pruned property partition
60. Li'l Martian crafts
63. Coral reef

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's important to grab every opportunity to expand your horizons. Travel or learn new things, because this is what will please you the most right now.

Taurus April 21 - May 21
Take care of loose details related to red-tape matters like insurance issues, inheritances, taxes, debt and shared property. Don't let these loose ends nag you.

Gemini May 22 - June 21
Remember to get more sleep, because the Sun is opposite your sign at this time of year. You definitely need more rest. That's the way it works.

Cancer June 22 - July 23
Do whatever you can to feel better organized. Tidy up loose ends both at home and work, because this will make you feel mentally and emotionally stronger.

Leo July 24 - Aug. 23
This is a playful time of year for you. Enjoy fun activities with children, the arts, social outings, sports events and any chance to express your own creative talents.

Virgo Aug. 24 - Sept. 23
It's most appropriate that you focus on home, family and your private life at this time. Home repairs plus interactions with relatives, especially parents, are important.

Libra Sept. 24 - Oct. 23
You have a strong desire to enlighten others about something. You want to write, talk and express your ideas in any way that you can. Fortunately, others will listen.

Scorpio Oct. 24 - Nov. 22
As you think about money, cash flow and earnings at this time, basically, you are dealing with your values. It's important to know what really matters in life.

Sagittarius Nov. 23 - Dec. 21
This is your chance to replenish yourself for the rest of the year. Talk to others and ask for what you want and what you need. Resources will come to you now.

Capricorn Dec. 22 - Jan. 20
Use this time to plan ahead for your new year (birthday to birthday). If you set goals, especially with deadlines, you are more likely to achieve what you want.

Aquarius Jan. 21 - Feb. 19
Share your hopes and dreams for the future with someone today, because his or her feedback will help you. Someone younger might have ideas that you admire.

Pisces Feb. 20 - March 20
Because you look favourable in the eyes of bosses, parents, teachers and VIPs at this time, make your move! Push your own agenda forward, because you will get what you want.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4		6		7			
1	8	9					2	7
		3						
7				5	8			
			4	1				3
						7		
2	6					5	3	8
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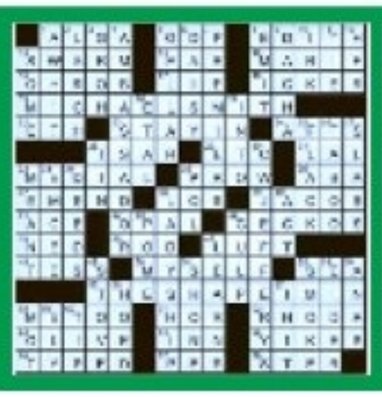
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



4	7	5	2	8	9	3	1	6
6	8	9	7	3	1	5	4	2
2	3	1	5	6	4	7	9	8
3	9	7	8	5	6	4	2	1
1	6	4	3	9	2	8	7	5
5	2	8	4	1	7	6	3	9
7	1	6	9	4	8	2	5	3
9	5	2	6	7	3	1	8	4
8	4	3	1	2	5	9	6	7

The Evergreen Extension opens December 2, 2016.

The first train departs at 12 p.m.

With six new stations along 11 kms of new rail, the Evergreen Extension is not only providing more people with more transportation choice, it's helping to reduce traffic on our roads, creating economic growth across the region, and expanding on a vital network that will benefit generations of riders to come.

It's keeping Metro Vancouver moving forward and it's ready to go.

Join us for a community celebration on opening day. Check back at translink.ca/evergreen for more details on the festivities.

Evergreen means go.

Six new stations coming to a neighbourhood near you.

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